

RECOMMENDED PROCEDURES FOR COOLING FOODS

POTENTIALLY HAZARDOUS FOOD (PHF) requiring refrigeration shall be rapidly cooled to an internal temperature of 45 °F or below. During the cooling process, potentially hazardous food shall be cooled from 140 °F to 70 °F within 2 hours, then from 70 °F to 45 °F within the next 4 hours. Hawaii Administrative Rules Title 11, Department of Health, Chapter 12, Food Establishment Sanitation 11-12-25 (i) 1999. Bacteria that cause foodborne illness grow at temperatures between 45°F and 140°F. Proper cooling limits the length of time that PHF is in the temperature range at which harmful bacteria can grow.

DIVIDE LARGE QUANTITIES OF FOODS INTO SMALLER PORTIONS AS SOON AS POSSIBLE before placing into refrigerator

- Place the food in shallow pans, stir frequently
- Slice and divide meats and other solid foods to allow maximum exposure of surface areas to cooling

PRE-COOL LIQUID TYPE FOODS (i.e. soups, sauces, stews, etc.) BY IMMERSING THE CONTAINER IN ICE WATER

1. Place the container of hot food in a large sink with the drain closed
2. Fill the sink with ice, up to the level of the food being cooled
3. Add cold water to the ice
4. Stir the food frequently to promote even cooling
5. Add more ice as it melts
6. Check the internal food temperature with a clean, sanitized, and **calibrated** thermocouple or metal stem thermometer
7. Transfer to shallow containers before placing into the refrigerator

USE RAPID COOLING EQUIPMENT

- Stirring hot foods with ice filled **cooling paddles** drops the temperature quickly and speeds up cooling

USE A CALIBRATED AND SANITIZED THERMOCOUPLE OR METAL STEM THERMOMETER

- Check the temperature in the center of the food at periodic intervals to ensure proper cooling

REFRIGERATE PROMPTLY AND PROPERLY

- Avoid stacking to allow maximum air circulation and cooling
- Store partially covered or uncovered until properly cooled